CLAIMS

Sub a1

1. A home trainer designed to accommodate a bicycle, comprising a brakable drive roll incorporated in a frame, which can be mounted in a friction coupling with a driven wheel of the bicycle, **characterized** in that on the frame (1) a sub-frame (7) is provided that is rotatable about a first pivoting point (6), the drive roll (5) being mounted in the sub-frame (7), and in that the frame (1) is further provided with a handle (9) rotatable about a second pivoting point (8), which is adjustable between an operational position (Fig. 2) wherein the handle (9) pushes the sub-frame (7) towards the wheel (4) such that the drive roll (5) and the wheel (4) maintain the friction coupling, and a neutral position (Fig. 1) wherein the handle releases the sub-frame (7) such that the drive roll (5) and the wheel (4) do not engage.

2. A home trainer according to claim 1, **characterized** in that the handle (9) is provided with an adjustable tuning knob (10) for determining the position of the sub-frame (7) in the operational position (Fig. 2).

3. A home trainer according to claim 1 or 2, **characterized** in that at the side directed towards the sub-frame (7), the tuning knob (10) is provided with a bush (11), and in that the sub-frame (7) has a sliding rim (12) designed to intermate with the bush (11), the sliding rim (12) terminating in a recess (13) which, when the bush is placed therein, determines the operational position (Fig. 2) of the handle (9).

4. A home trainer according to one of the preceding claims, **characterized** in that the drive roll (5) is coupled with a flywheel (14) that conducts at least partially magnetic lines of flux, and in that further a position-adjustable magnet (15) is provided which is located near the flywheel (14).

5. A home trainer according to claim 4, **characterized** in that the magnet (15) is adjustable to a position between a

neutral position near a pivoting point of the flywheel (14) and a maximal brake position near the outer circumference (14') of the flywheel (14).

6. A home trainer according to one of the claims 4-5, **characterized** in that the flywheel is provided with recesses (18) preferably over a periphery located near the neutral position of the magnet (15).

7. A home trainer according to one of the claims 4-6, **characterized** in that the flywheel comprises an aluminium disc (19) and in that the remainder of the flywheel (14) is substantially made of steel.

8. A home trainer according to one of the claims 4-7, **characterized** in that the magnet is coupled with a spring-loaded cable (16) and that the magnet (15) is adjustable by operating the cable (15).